

fires & cooking

Name: _____



Requirements	Passed
1. Carry out an experiment to determine the burning properties of at least three different types of wood for cooking fires and discuss their characteristics and the purposes for which each should be used.	
2. Demonstrate three different types of cooking fires in use and explain the advantages of each. Know the dangers of veld/bush fires and demonstrate how to take safety precautions when lighting, using and extinguishing fires in the open. Demonstrate methods of extinguishing flames.	
3. Make a camp fireplace in the open that is suited to the natural surroundings or make a conservation stove. Make a fire in it, and cook the following for at least four people: a) Porridge. b) Hunter's Stew. OR Make a conservation stove and cook the following for at least four people: a) Porridge. b) Hunter's Stew.	
4. Discuss the importance of creating a balanced menu, including a vegetarian/vegan menu, and the health benefits of a vegetarian/vegan menu. a) Draw up a menu for a three-course breakfast, lunch, and supper. b) Draw up the food quantities and cost these at a local store.	
5. Demonstrate the following: a) The setting of a table in camp or indoors for a lunch or a supper. b) How to prevent accidents in the kitchen at camp and indoors. c) The use of weights and measures in the kitchen.	
6. Make yourself a damper or a twist.	
7. Using the principles of the three R's (Reduce, Reuse, Recycle), properly dispose of rubbish, clean utensils, and leave a safe, clean cooking area and fireplace.	

03/94
08/20v1

Badge Awarded

